



“BECOME A NUTRITION DETECTIVE”



Learn how to become a **Nutrition Detective** by using the following 10 healthy life-style steps designed to help you lose weight and improve your family's diet:

1. Drink water. People often confuse hunger with thirst. Before eating, drink an 8-ounce glass of water, wait five minutes. If you are still hungry, eat. Consume at least 8 glasses of water per day (64 ozs.). Drink a glass before each meal.
2. Walk. **THIS IS A MUST!** Walk briskly each day. Start with 20 minutes and work up to an hour. Take your walk before your largest meal of the day. If you aren't willing to commit to an increase in physical activity just forget the whole thing and accept being fat. **Do the “2-step while watching TV”.**
3. Eat smart. Eat smaller portions – learn to eat on a salad plate. Chew your food more, and eat slowly – this assists digestion and reduces overeating.
 - a. Increase fruits, vegetables, fish, and poultry (1/2 your plate should be vegetables). Eat a piece of fruit for dessert.
 - b. Eat 3 meals, or 6 small meals, every day.
4. Read Labels Before You Buy. Reduce your daily intake of sugar and carbohydrates.
5. Sugar Suppresses the Immune System. Reduce sugar intake - sugar has no nutritional value and causes you to crave more sugar – eliminate sweetened drinks. Sugar (even as little as 2 teaspoons) can cause the body's micronutrients to change radically, throwing the blood chemistry out of balance. 100 grams of sugar (25 teaspoons), which is about the amount of sugar in an average candy bar and a soft drink, is enough to suppress the immune system for up to 6 hours.
 - a. **4 grams of sugar = 1 teaspoon**
 - b. **Look at labels – divide # of sugar grams by 4**
 - c. **Look for # of servings per container**
 - d. **1 teaspoon = 16 calories**
6. Sodium. The American Heart Association recommends a daily sodium intake of 1500-2400 mg. for all Americans; however, our bodies only need about 500 mg. of sodium daily.
 - a. **1 teaspoon of salt = 2300 mg. of sodium.**
7. REDUCE FATS AND AVOID FRIED FOOD:
 - a. THE BEST – Omega-3 Fats. Sources: *Ground Flaxseed, Tuna, Cod, Mackerel, Salmon, Halibut, Pumpkin Seeds, Walnuts, Canola oil, Alfalfa sprouts, Soybeans, Free range chicken, Free range eggs.*
 - b. THE GOOD – Unsaturated Fats. (2 types – Monounsaturated, Polyunsaturated)

- Monounsaturated: Almonds, Cashews, Peanuts, Pecans, Avocadoes, Canola and Olive Oils
 - Polyunsaturated: Sunflower Seeds, Pine Nuts, Safflower Oil, Sesame Oil, Corn Oil, Cottonseed Oil, and Fish
- c. THE BAD – Saturated Fats. (“Adults should consume less than 7% per day.” Dr. Pam Popper, Ph.D.) Sources: *Beef, Pork, Poultry, Bacon, Butter, Cheese, Milk, Cream, Deli Meats, Coconut and Palm Oils, etc.*
- d. THE UGLY – Transfat. Sources: *Any food with partially hydrogenated oil or shortening in the ingredients’ list; some of the following: cookies, crackers, chips, pastries, bagels, donuts, peanut butter, fried foods, coffee creamers, soups, fast food, candy, margarine, salad dressing, cereal bars, etc. A diet high in bad fats will cause your blood sugar to remain high for a longer period of time. When your blood sugar is elevated, you cannot burn fat.*
8. Carbohydrates. General Rule of Thumb: 45 grams maximum of carbs per meal (3 meals a day). 15 grams of carbs = 1 serving. If you exercise, you might be able to have more.
- a. 5 grams of carbohydrates = 1 teaspoon of sugar
 - b. Look at labels – divide # of carb grams by 5
 - c. Look for # of servings per container
 - d. Sugar grams have been added into the carb count
 - e. You can subtract fiber count from carb count
9. Protein. Eat no more than 6 oz. of red meat, chicken or dairy daily. Fish, shrimp, crabs, soy protein are all okay – considered “free” (no carbs) - can have more than 6 ozs. provided they are not fried, but cooked properly, i.e., grilled or broiled.
10. Fiber Foods. Try to eat at least 7 to 13 servings of different, fresh, RAW fruits and vegetables daily. Eat at least 25 grams per day. The more, the better!
- If you can’t or won’t, then eat Juice Plus+ (17 different, RAW, fresh fruits, vegetables and grains in a gel capsule). Juice Plus+ is the next best thing to fruits and vegetables.
 - Other fiber foods include *whole grains, nuts, seeds, legumes, beans.*
 - Eat fiber rich foods RAW as often as possible – RAW FOOD contains LIVE ENZYMES! Ideas for increasing fiber: Washed and ready-to-eat fruits and vegetables; Add berries to morning cereal; Try veggie burgers; Use whole grain bread (Try *Ezekiel* bread); Use more beans; Add nuts and seeds to salads; Use brown rice; Make mega fiber muffins and pancakes; Fill a large bin with an assortment of raw nuts and dried fruit for snacking. Foods with little or no fiber: processed foods, processed cereal, white bread, some wheat crackers, meat, milk, eggs, and cheese.

Don't let mistakes stop you. If you eat the wrong food or miss a day of exercise, don't give up. Don't use your errors as an excuse to fail. Don't let others sabotage your efforts.

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